



GREENISH SMOOTHIE

Serves 2

1 frozen banana

1/4 cup organic blueberries, fresh or frozen*

1/4 cup raw walnuts or cashews

2 tablespoons ground flaxseed (optional)

1/2 organic cucumber with peel, roughly chopped*

2 large handfuls of organic spinach or kale*

1 cup milk of your choice (I use almond)

1 cup water

2 cups ice

Put all ingredients in blender and blend well. Add a little more water if needed.

*I recommend using as many organic ingredients as possible but these are the ones that I think are most important.